

Breastfeed Orange NC

Choosing a provider who knows and appreciates how birth affects breastfeeding can make a big difference! In Orange County families can choose from a variety of options, including Obstetricians, Midwives, and Family Medicine Physicians. Some attend birth in the hospital and some provide out of hospital birth care. Most practices have more than one provider in them and some may be more invested in supporting breastfeeding than others.

It is a good sign if you feel safe talking to your birth care provider about breastfeeding. It is important that they know your plans for feeding your baby. Whether it is when they bring it up or if you choose to bring it up, here are some questions that it can be informative to ask.

- What are 3 ways that you support breastfeeding with your patients?
- What training specifically in breastfeeding have you had?
 - Ideally more than just what they got in school to be a doctor or midwife.
- What are the breastfeeding rates in your practice?
 - A follow-up question would be what they think might improve said rates.
 - How *long* do your breastfeeding patients usually nurse?
- Of those that breastfeed, how many end up supplementing?
 - How soon is supplementing usually started?
- What happens if things are not going well with breastfeeding?
 - What if my milk supply is low or slow to come in?
- How do you decide which drugs are compatible with breastfeeding?
 - Resources, like *Infant Risk*, give the most up to date and accurate information.
- In what situations do you discourage someone from breastfeeding?
 - The decision to breastfeed (or not) is a personal one. There are very few medical reasons not to, if you want to breastfeed.
 - If a person who *wants* to breastfeed thinks they need to quit, talking to a breastfeeding expert is always recommended.
- What lactation consultants do you recommend for a prenatal consultation?
 - They should have information on hand.
- What local support groups would you suggest for me to attend?
 - They should know of some off the top of their head

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